

Spring 2024

# Women's Group

Safe, supportive, and confidential environment for all survivors who identify as women. Survivors include those with past emotional, physical, or sexual traumas that have affected the way they view themselves, their confidence, and their ability to trust others. The group will support members' empowerment and growth in the areas of self-esteem, resilience, managing intense emotions, and managing safe boundaries.



Facilitated by Dr. Bijoux-Leist and Dr. Sibley  
Meets weekly in the Counseling Center on Thursdays 2-3:30PM  
Stop by Lawrence 241 or call 610-436-2301 to sign up